



3rd CYPRUS INTERNATIONAL ORIENTEERING FESTIVAL

FIVE DAYS - FIVE EVENTS

13th - 17th MARCH 2024

PAPHOS & LIMASSOL AREAS CYPRUS



3rd CYPRUS INTERNATIONAL ORIENTEERING FESTIVAL

Wednesday 13th – Sunday 17th MARCH 2024

Paphos & Limassol areas CYPRUS.



Organiser:

Cyprus Mountaineering, Sports Climbing & Orienteering Federation
Orientaction Club (KOA Registration # 957)
17 Ayios Neofytou Street,
Lakatamia, 2334 Nicosia,
Cyprus.



Event Organisers:

Event Coordinator & Secretary: Ms Diana Bridger
Course Planners: Mr Peter Smith, Ms Diana Bridger
Event Advisor: Ms Diana Bridger



Event Centre:

The Event Centre will be at HYLATIO TOURIST VILLAGE, Pissouri.

Event Programme:

Tuesday 12 th March 2024	
18.00-20.00	Event Centre open, arrivals & checks in
Wednesday 13 th March 2024	
09.30	Event 1 – Pikni Forest, Paphos. Admin tent at event.
18.00-20.00	Event Centre open
Thursday 14 th March 2024	
09.30	Event 2 – Lakko Frango (North). Admin tent at event.
18.00-20.00	Event Centre open
Friday 15 th March 2024	
09.30	Event 3 – Lakko Frango (South). Admin tent at event.
18.00-20.00	Event Centre open
Saturday 16 th March 2024	
09.30	Event 4 – Melanda. Admin tent at event.
18.00-19.00	Event Centre open
19.00	Fun pairs night event at Hylatio Holiday village (extra event)
Sunday 17 th March 2024	
10.00	Event 5 – Lophou village (extended sprint). Admin at Municipality (old school).
13.00	Prize giving and farewells 😊

IN ADDITION TO INFORMATION PROVIDED IN BULLETIN #1:

EVENT CENTRE:

The Event Centre will be at Hylatio Tourist Village, Pissouri, during the dates **11th -16th March 2024**. A desk will be manned in the EVENINGS only. No personal numbers will be handed out. Every competitor will be given a free whistle, which must be carried during each event. If you cannot make it to the Event Centre before you compete, then you may collect your whistle at the Administration tent at the event site on your first day.

MERCHANDISE:

You can purchase our event tee shirts and mugs at our desk at the Event Centre in the evenings or at the Admin tent at event sites. Dry fit tee shirts (turquoise) will be priced at €15.00. Cotton tee shirts (white) at €5.00. There are only limited quantities of each, so first come first served. The mugs will have the PIKNI FOREST map on them and will be €6.00 each. Other merchandise including: some original orienteering paintings, prints, cards and notelets, as well as previous event mugs (including Melanda map mug), extra whistles and some delicious Yummy Jams will also be on sale. **NB - No card payment is available. Only CASH will be accepted please.**

FUN PAIRS “HARRIS TYPE” NIGHT EVENT AT HYLATIO Holiday Village on SATURDAY 16TH MARCH AT 1900 HRS:

A fun night event will take place around the grounds of Hylatio Tourist village, on Saturday 16th March. This will be in the format of a Harris Type event. Pairs may be made up of any combination you wish: two males, two females, one male & one female, a parent & a child, a husband & a wife etc, etc! Just make it up and make it fun.

Each pair will start together and everyone will have identical maps. There will be SIX ‘spine’ controls that must be visited by BOTH members in the pair (but not necessarily together) and another TEN controls that need only be visited by one member of the pair. There will also be one last control (#17) just before the finish that BOTH team members must also visit (not necessarily together). The time of the last member of the pair back at the finish will count as their time. Controls may be visited in any order (except control #17, which MUST be the last control). It is up to the pair to decide how they work out what is the most efficient way of following the rules, according to their own capabilities. Any missed spine controls = instant disqualification. Any missed other controls = time penalty of five minutes. How you work it out is up to you! It’s a bit of fun! There will be prizes for various combinations of winning pairs. **An entry fee of €6.00 per pair will be charged** and will be payable **CASH ONLY** on the night at the start. No card payment is available. **For map printing purposes we need to have your entry before mid-day on 7th March 2024 so please fill out the google form in this link:**

<https://docs.google.com/forms/d/e/1FAIpQLSciWu9aEpOZ-VRY6Hxby7-wOOaNwsTVjhmQOOCcnWbr1NvzAg/viewform>

EMBARGOED AREAS:

A reminder that the following areas, are considered OUT OF BOUNDS and embargoed for any type of events and or training, including hiking or walking until after the respective events have concluded:

PIKNI FOREST & adjacent picnic area, LAKKO FRANGO and the whole Randi forest area and MELANDA orienteering areas.

Likewise, LOFOU VILLAGE is also considered OUT OF BOUNDS and embargoed for even casual visits before the event and we ask you to respect this out of fair play for all.

Please note that any competitor found in the vicinity of the EMBARGOED AREAS before the events will be disqualified.

START TIMES AND RESULTS:

Our event on the website www.orienteeringonline.net will be used for Start times and Results. **If you have not already entered yourself there, then you MUST do so please by 6th March.** Your start times and results for each day may be viewed there. There will be a punching start. **Allocated start times will and must be strictly followed.** Special requests will be facilitated as best as possible.

PRIZES:

Only the FOUR MIDDLE DISTANCE events will count towards OVERALL prizes. Prizes will be awarded to the overall winner, second and third in each category, after adding the times of those four events together. In lieu of imported medals, the prizes will be pieces of local ceramic artwork, specially commissioned for the event and made for us by a local pottery, Homa & Nero, who have a studio in Strovolos, Nicosia. This year we have chosen a marine theme (you can see the sea from all our event locations at some point), with a design taken from an ancient item found in the Cyprus Museum. The Sprint event in Lofou Village will be considered separate and there will also be ceramic medals made by Homa & Nero, for 1st, 2nd and 3rd in each category. Prize giving for the whole event will be after the conclusion of the sprint, on the steps of the Lofou Municipality, in the area where the start and finish takes place on that day.



EQUIPMENT:

SPORTident electronic timing will be used for all events. SPORTident Air (SIAC) is not available at this event. Please note that a **€40 CASH deposit will be required to be paid to collect any rented SI Card.** This amount will be refunded in full upon return of the SI card at the end of the event. Loss of any rented SI Card will be charged at €40 and the deposit will not be refunded.

Runners are to provide their own compass.

Full leg coverage is highly recommended for all four middle distance events. Some of the bushes can be very tough, thorny and SPIKEY, so please choose your routes carefully.

We insist you carry a whistle, (NO WHISTLE = NO RUN!) so, a specially commissioned *CYPRUS ORIENTEERING* whistle will be given as a **FREE GIFT** to EVERY COMPETITOR! 😊. Please collect yours at the Event Centre or Admin. Replacement or extra whistles may be purchased for €2 each.

MOBILE TELEPHONES:

All competitors 14 years and under and all those over the age of 65 will be permitted to carry a mobile phone with them whilst competing. This will be actively encouraged as matter of safety.

We consider the safety of everyone as a PRIORITY. The event emergency numbers are:

Diana Bridger: +357 97775414 or Peter Smith: +357 97647796.

First aid will be available in the Admin area by the finish each day where our nurse will be stationed.

UNEVEN AND SLIPPERY GROUND IN LOFOU AND SUNDAY DAY TRIPPERS:

Some of the narrow streets, lanes and paths in Lofou Village are uneven and can be VERY slippery when wet or covered in dew (especially areas in shadow). All due care and attention must be taken to avoid accidents, please. Please also note that Lofou is also particularly busy on Sundays with day trippers and lunch time visitors. Please look where you are going!

FYI /NB – If you want lunch in Lofou, then you will need to book a restaurant well in advance, as they are popular and fill up quickly.

LITTER:

Sadly, you will witness that fly tipping appears to be rife everywhere in Cyprus. It is our aim to leave all areas that we use, cleaner than when we arrived. Thus, please dispose of your litter and rubbish in the rubbish bags provided and help keep the areas clean.

WATER:

We cannot provide any water, so we kindly ask you to BRING YOUR OWN WATER to events – at least 2 liters per person per day please.

REFRESHMENTS:

For the first four days at Pikni, Lakko Frango and Melanda, the lovely Chrystallo Nicolas will provide a catering stand on site, providing tea, coffee, fresh lemonade and freshly baked food. Chrystallo is over from Canada, where she works in catering. Food orders will need to be ordered in advance (at least 24 hours) and collected and paid for in CASH ONLY (sorry no cards) on the day. Please see next page for photos and prices of some of the food on offer. Please contact Chrystallo on Mobile : +357 94492570 or Email chrystallo@hotmail.com

At Lofou, Mr Kyriakos of BES Micro-Brewery based in the village, will be in the start/finish area selling his amazing draft beers! It is the last day and you've all earned this! 😊 Sunday 17th March, is also St Patrick's Day and the Start Team (Michael O'Donnell and Wayne Butler) have flown over from Ireland especially for this event, so please remember to wish them well on their National Day!

AREAS OF SPECIAL ENVIRONMENTAL INTEREST AND LAWS CONCERNING PROTECTION OF FAUNA AND FLORA:

All the areas chosen for this event are currently lush and green. Whilst every effort has been made to avoid areas where rare and endemic plants (including orchids) are growing, we ask you to take great care and respect the environment. Don't tread on the orchids!

It is also the bird breeding season and we ask you NOT to bring any dogs to the events and to keep noise to minimum. The playing of loud music from radios or speakers is NOT permitted at all and we have not been granted permission to have a loud speaker system at any event.

Please note that it is ILLEGAL to pick any wildflowers!

CROP DAMAGE:

Likewise, **crop damage is illegal and punishable with hefty fines and or up to three years imprisonment.** Thus, we ask you NOT to run/walk through fields sown with healthy growing wheat or barley. Most fields with crops can easily be avoided and have also been placed OUT OF BOUNDS. We kindly ask you to respect that at all times please.

BEWARE OF PINE PROCESSIONARY CATERPILLARS:

It is the time of year when Pine Processionary Caterpillars nests can be found on pine trees. **Please take great care and avoid them as they are seriously poisonous.** The caterpillars have thousands of fine hairs containing a protein (thamentopoein) which can cause severe irritation, dermatitis and in some cases an allergic reaction (anaphylactic shock) and even blindness if they get in your eye.



SNAKES:

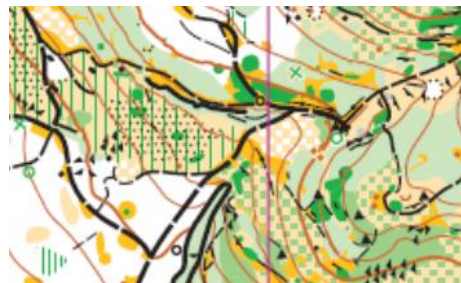
There may be a few snakes out there, however you are unlikely to see one, let alone tread on one. If you do see a snake, then please leave it alone, just move away and keep going. They are far more frightened of you and will not attack unless provoked (ie if you kick them or poke them). The only poisonous snake in Cyprus is the Blunt Nosed Viper (*Macrovipera lebetinus*) and they are known to usually play dead.



MAPS: Please note that the best possible scale will be used for each area and for each course.

Pikni Forest:

A 1:7,500 map drawn by Peter Smith in 2022/3 and updated in 2024 will be used. This is a lovely new area with mixture of runnable open pine/juniper forest with some areas of thick undergrowth and rocky patches. There are navigable clearings through parts of the forest and there is a good track/path network but muddy after rains. A sample of the map is shown here:



Lakko Frango (Well of the Franks):

A 1:7,500 (1:10,000 for courses 1 to 4) map drawn by Peter Smith in 2022/3 and updated in 2024 will be used. The area is mostly rough open land with some forested patches, which are crossed by numerous paths and tracks throughout the area. The area is stunningly beautiful, with great vistas and views. The area is split by a main central track and will be divided into North and South parts. A sample of the map is shown here:



Melanda:

A 1:7,500 Melanda Map, redrawn and updated by Peter Smith in 2024 will be used. The area is open bondu with few obstructions across parallel ridges and three valleys which are crossed by numerous tracks and paths. This area can be quite physical in places for runners on the advanced courses. A sample of the map is shown here:



Lophou:

The 1:3,000 Lophou village map drawn by Michael Savvides and updated in 2024 by Peter Smith, will be used. There are plenty of narrow, twisty village roads and foot paths – some tarmac, some cobbled, some loose surface. Also, some steps and some rough open areas. Competitors are to avoid trespassing on private property and gardens. A sample of the map is shown here:



CIOF 2024 Courses with Scale, Distance and Climb						
COURSE#	CLASSES	Day 1 Pikni Forest	Day 2 Lakko Frango North	Day 3 Lakko Frango South	Day 4 Melanda	Day 5 Lofou
C1	M21E	1:7500 / 6.4km / 200m	1:10,000 / 7.0km / 260m	1:10,000 / 6.8km / 225m	1:7,500 / 7.5km / 240m	1:3,000 / 3.9km / 165m
C2	M20, M21, W21E, M35, M40 M45	1:7500 / 6.0km / 200m	1:10,000 / 5.8km / 190m	1:10,000 / 5.9km / 180m	1:7,500 / 6.3km / 185m	1:3,000 / 3.6km / 165m
C3	M18, M50, M55	1:7500 / 5.1km / 155m	1:7,500 / 5.3km / 115m	1:7,500 / 4.8km / 150m	1:7,500 / 5.0km / 135m	1:3,000 / 3.1km / 140m
C4	M60	1:7500 / 4.6km / 155m	1:7,500 / 5.3km / 100m	1:7,500 / 4.8km / 150m	1:7,500 / 4.9km / 135m	1:3,000 / 2.6km / 140m
C5	W20, W21, W35, W40, W45, M65	1:7500 / 4.2km / 110m	1:7,500 / 4.3km / 70m	1:7,500 / 4.1km / 140m	1:7,500 / 4.3km / 110m	1:3,000 / 2.4km / 125m
C6	M16, W18, W50, M70, OPEN SHORT	1:7500 / 3.6km / 90m	1:7,500 / 4.0km / 70m	1:7,500 / 3.6km / 125m	1:7,500 / 3.9km / 95m	1:3,000 / 2.1km / 120m
C7	W55, W60	1:7500 / 3.4km / 90m	1:7,500 / 3.6km / 70m	1:7,500 / 3.4km / 125m	1:7,500 / 3.7km / 90m	1:3,000 / 1.6km / 75m
C8	W65, M75	1:7500 / 3.0km / 60m	1:7,500 / 3.0km / 70m	1:7,500 / 3.0m / 65m	1:7,500 / 3.3km / 85m	1:3,000 / 1.6km / 60m
C9	W70, W75, M80, W80	1:7500 / 2.3km / 50m	1:7,500 / 2.7km / 60m	1:7,500 / 2.4km / 65m	1:7,500 / 2.5km / 50m	1:3,000 / 1.4km / 60km
C10	M14, W14	1:7500 / 2.2km / 45m	1:7,500 / 1.8km / 60m	1:7,500 / 1.7km / 35m	1:7,500 / 2.1km / 60m	1:3,000 / 1.3km / 45km
C11	M12, W12,	1:7500 / 2.0km / 45m	1:7,500 / 1.5km / 40m	1:7,500 / 1.8km / 35m	1:7,500 / 2.3km / 55m	1:3,000 / 1.1km / 35km
C12	M10, W10, U10	1:7500 / 1.4km / 30m	1:7,500 / 1.5km / 40m	1:7,500 / 1.7km / 35m	1:7,500 / 2.3km / 55m	1:3,000 / 1.0km / 35km

Chrystallo's Catering will be there to serve you for the first four days in the field.



Sausage rolls €3.00 each



Spanish Tortilla €3.50 per slice (Potato & onion frittata, vegetarian & gluten free)



Halloumoti €2.50 per slice (Halloumi cheese bread, vegetarian))



Eliotes €3.00 each (Olive rolls, vegan)



Banana bread €2.00 per slice



Granola Bars €2.50 each



Fresh Lemonade €1.00 per cup



Teas & Coffees €1.00 per cup

ORDERS MUST BE RECEIVED 48 HRS IN ADVANCE. All food is freshly baked.

SEND YOUR ORDER BY EMAIL TO: chrystallo@hotmail.com or phone message +357 94492570
PAYMENT ON THE DAY IN CASH ONLY PLEASE, NO CARDS ACCEPTED IN THE FIELD. THANKS. 😊

DAY 1 - PIKNI FOREST:

The ADMINISTRATION AREA, START, FINISH & PARKING AREA on Day 1 will be at the picnic area at Pikni Forest. There are public toilets there.

<https://what3words.com/bedbugs.volume.feasting>

[34.895672, 32.371194](https://what3words.com/bedbugs.volume.feasting)

PARKING will be in the designated parking area. Please obey the parking attendants and DO NOT DRIVE ANY FURTHER along the track from the parking. If necessary park along the warm up track shown on the map here.

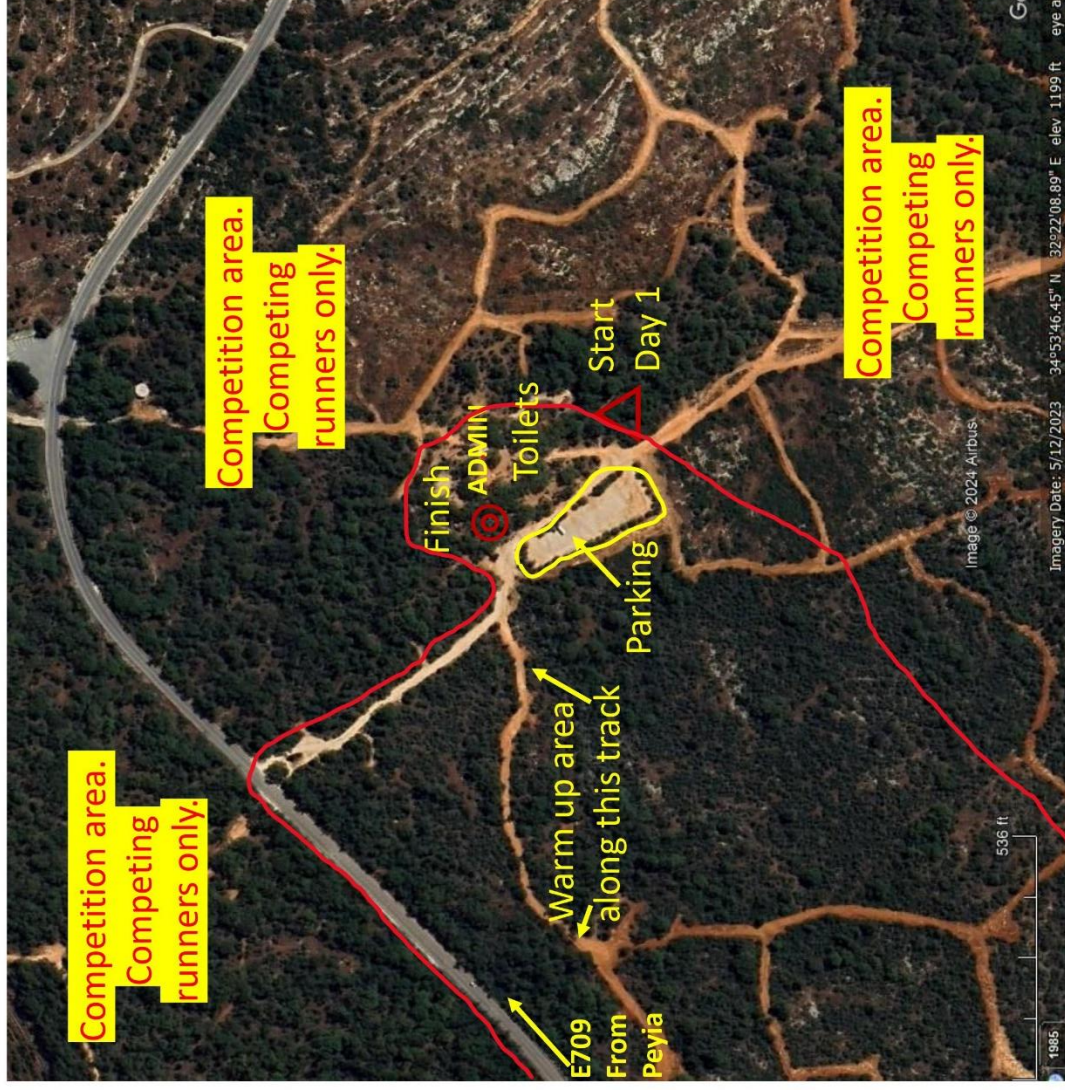
The START on Day 1 will be along the path to the South East of the Admin area.

Competitors may warm up by running up and down the track to the West of the Parking area.

There will be a controlled road crossing for some courses. Your time across the road between the two road controls will NOT count (it will be subtracted from your time) and you MUST obey the marshals there.

Coffee, tea, lemonade and food may be purchased from Chrystallo, our caterer. Please order in advance and pay CASH ONLY on the day. Please bring your own water!

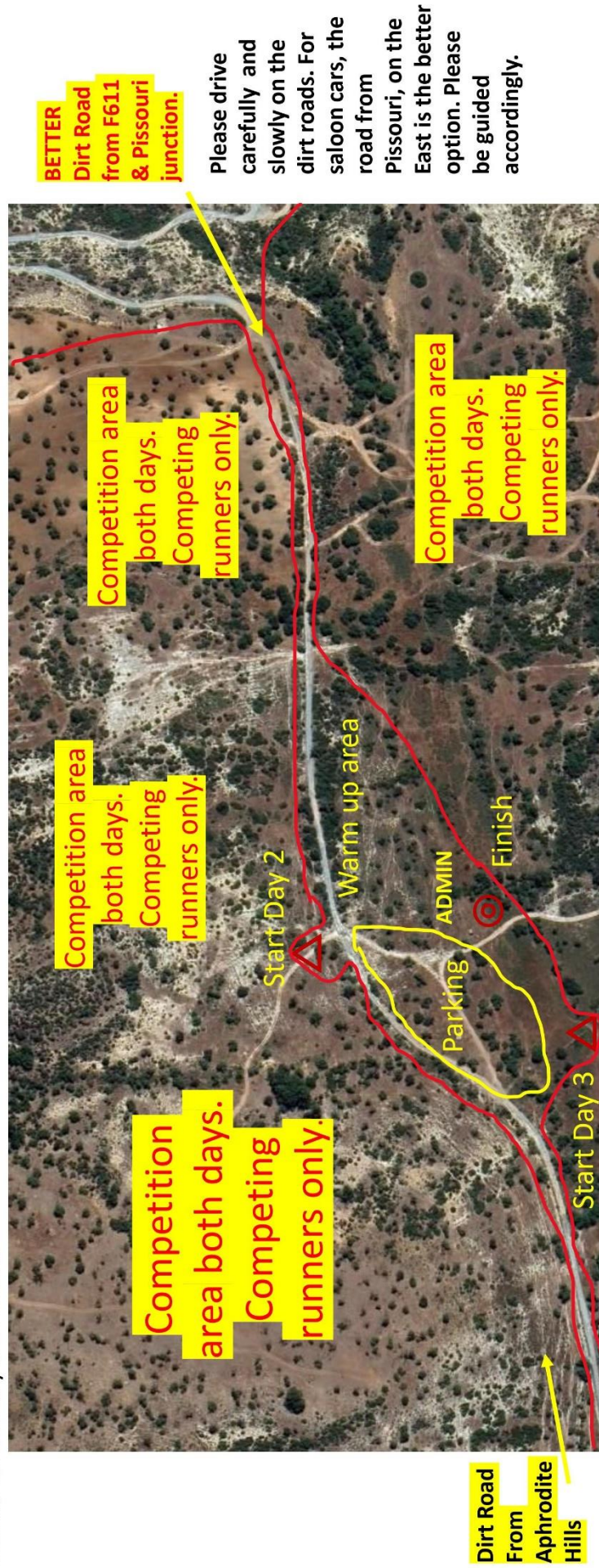
The Pikni Forest competition area is strictly out of bounds to all, (except for competitor's actual competition time), until AFTER the last runners have finished for the day.



DAY 2 & 3 – LAKKO FRANGO (RANDI FOREST):

The ADMINISTRATION AREA, START, FINISH & PARKING AREA for Days 2 & 3 will be as marked on the map below at [34.695447, 32.655334](https://what3words.com/creamier.gadget.explains).
<https://what3words.com/creamier.gadget.explains>. There are two tracks into the area. One from Aphrodite Hills past their Riding Club and another from the East from the F611 (to Alektora), off the Pissouri junction – THIS LATTER track is the best option and better surface. There is parking either side of the sub-track shown and between the trees. NO PARKING IS PERMITTED ALONG THE MAIN TRACK PLEASE as it is narrow and cars need to pass. There will portable toilets available each day but please bring paper in case it runs out. Competitors may warm up near the Admin area. Coffee, tea lemonade & food may be purchased from Chrystallo, our caterer. Please order in advance and pay cash ONLY on the day. Please bring your own water!

The Lakko Frango competition area is strictly out of bounds to all, (except for competitor's actual competition time), until after the last runners have finished for the day ON FRIDAY.



DAY 4 – MELANDA:

The ADMINISTRATION AREA, START, FINISH AREA and PARKING for Day 4 is as shown on the map here.
[34.656490, 32.734465](https://what3words.com/boutique.radically.swing)
<https://what3words.com/boutique.radically.swing>

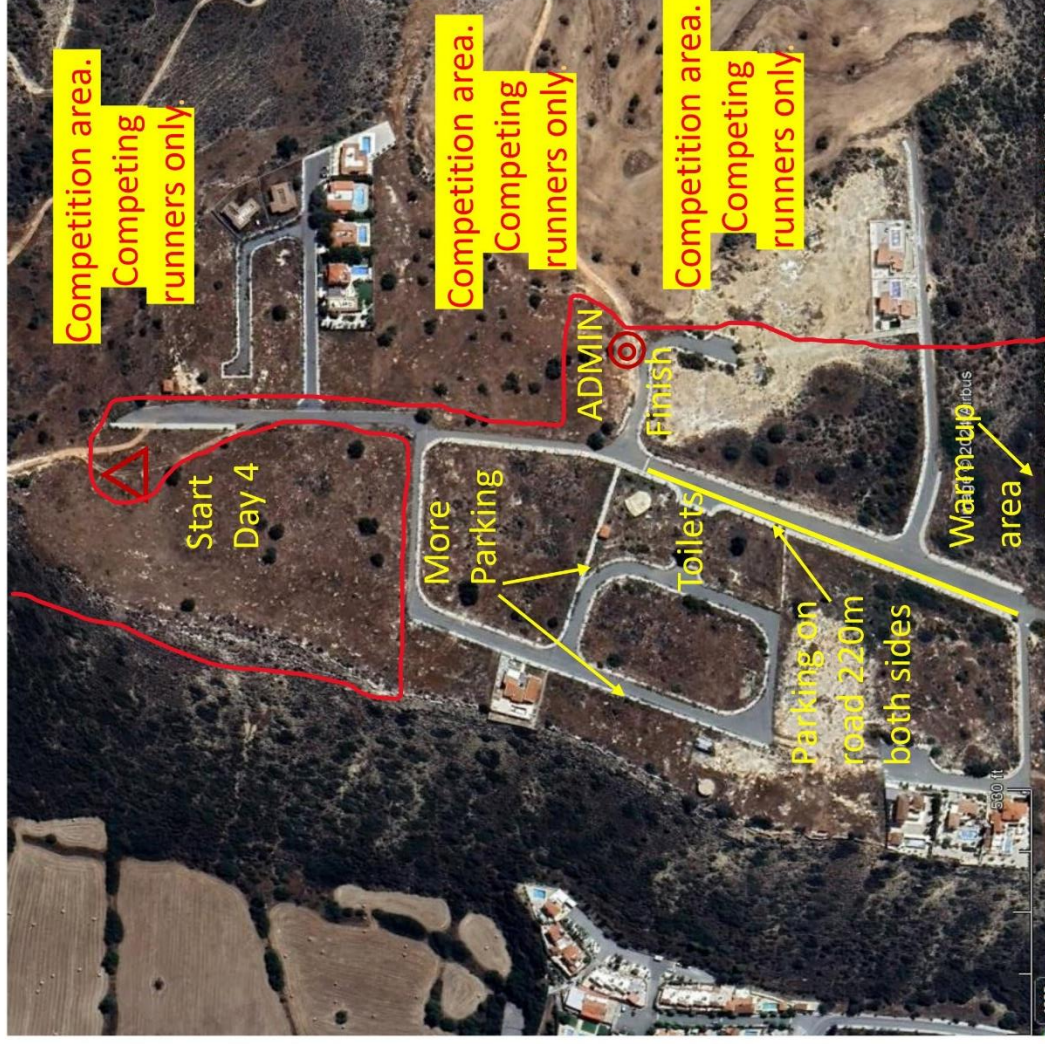
Parking is limited to the side of the roads. Please comply with the parking marshals at all times.

There will be a shuttle bus (£5 cash payable at Admin on preceding days) which will take people from Hylatio to the start area between 0830 and 0930 hrs. There is no return bus and those taking the bus there will have to walk back down the hill.

There will be portable toilets near the Admin area. Please take your own paper in case it runs out.

Coffee, tea lemonade & food may be purchased from Chrystallo, our caterer. Please order in advance and pay cash ONLY on the day. Please bring your own water!

The Melanda competition area is out of bounds to all, (except for competitor's actual competition time), until after the last runners have finished on Day 4.



From Hylatio ↗

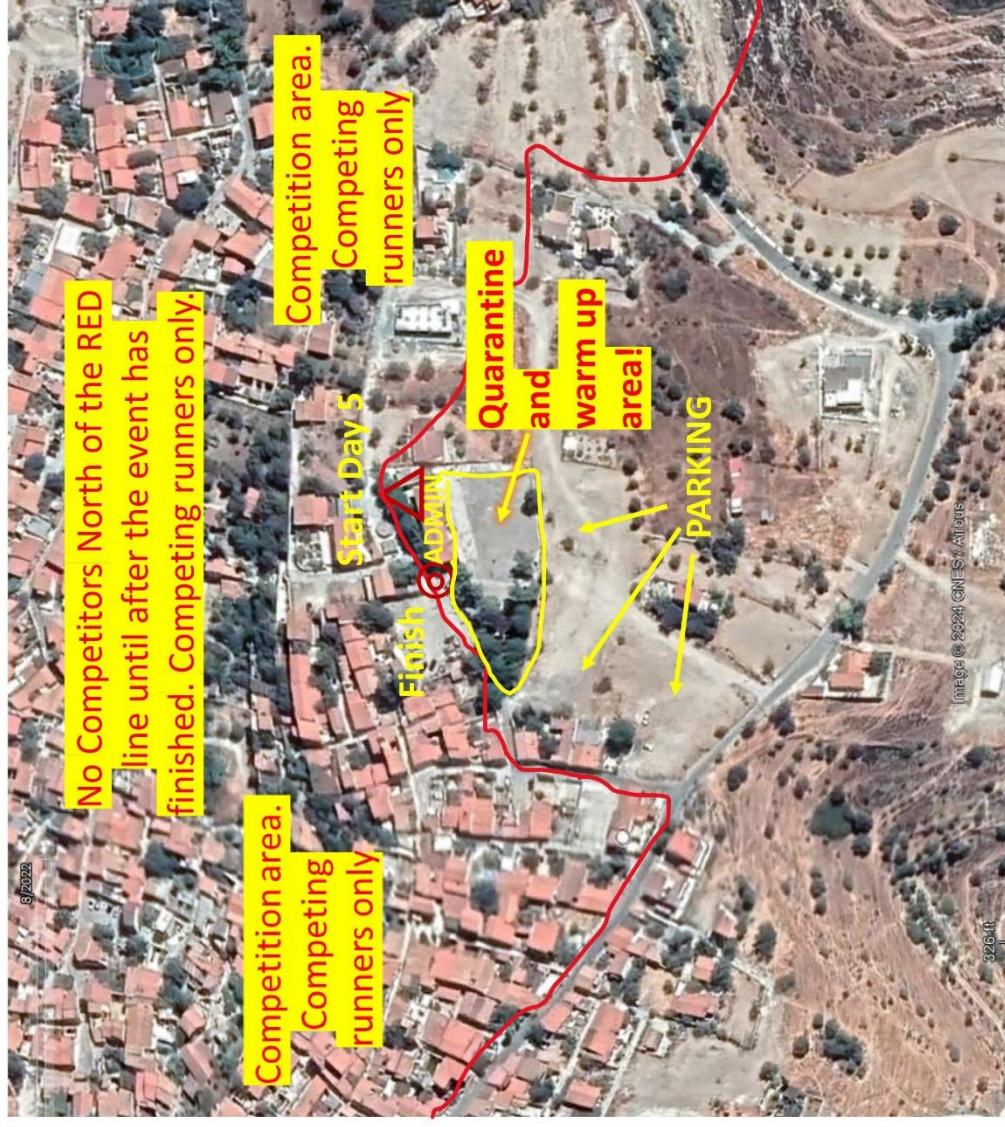
DAY 5 – LOFOU VILLAGE SPRINT EVENT:

The ADMINISTRATION AREA, START, FINISH AREA will be the local municipality (old school) building and PARKING for Day 5 is as shown on the map here. [32.875513](https://what3words.com/rusted.detect.respond), <https://what3words.com/rusted.detect.respond>

Parking for competitors is strictly restricted to the Southern village car park only. NOT the Northern one, as that is inside the competition area! The Lofou competition area is strictly out of bounds to all, (except for competitor's actual competition time), until after the last runners have finished. Any competitors observed in the Lefkara village competition area from 0600 hrs on Sunday 17th March, until after the event, will be disqualified. This will be strictly upheld.

ALL competitors must enter into the quarantine area by 0945 hrs. Warm up is possible along the roads to the South of the village prior to quarantine. There are toilets in the quarantine area. Please bring your own paper in case it runs out.

Mr Kyriakos from BES craft beer will have a stand near the quarantine area selling his great beers. You've earned this! Prizegiving for the whole event will be in on the steps of the Municipality building as soon after 1200 hrs as possible.



F817 from Limassol ↖

IMPORTANT NOTICE:

All participants in the Cyprus Orienteering Festival take part at their own risk and responsibility. Whilst a full risk assessment for each event will be conducted and will be made available, the organisers cannot and will not be held responsible for any accidents or damages that may occur during the event. We strongly suggest you take out your own travel insurance.

FIRST AID & NEAREST HOSPITALS:

A qualified First Aider will be on duty at all events.

A first aid kit and drinking water will be available at the administration, registration, start and/or finish areas of each event. The nearest Accident & Emergency units are:-

Paphos General Hospital, just off the end of the main highway into Paphos. Tel 26803100.

<https://what3words.com/librarian.consult.surpass>

Limassol General Hospital, on the North West side of Limassol. Tel 25801100.

<https://what3words.com/jetted.trace.soils>

INFORMATION ABOUT CYPRUS:

For information about Cyprus, please visit the following official website: www.visitcyprus.com

For information about Lofou village, please visit the following official website:

<https://www.lofouvillage.com/>

WEATHER:

Please note that the weather in March can often be varied and changeable. Please bring appropriate clothing including jackets.

www.cyprus-weather.org

ORGANISER CONTACT DETAILS:

cyprusorienteeringfestival@gmail.com

Facebook:

fb.me/orienteeringfestivalcyprus

Event Coordinator and contact for further information:

Ms Diana BRIDGER

Email: cyprusorienteeringfestival@gmail.com

Mobile: +357 97775414



THE CYPRUS INTERNATIONAL ORIENTEERING FESTIVAL IS SUPPORTED BY:



See you in
Cyprus!

